



Level Two

Allergy Pals

AGES 7 - 11

Online Mentorship for Kids with Food Allergies



Food Allergy Canada



Participant Handbook

Allergy Pals Returning

Discover Together Time:

During every Allergy Pals session, you will have an opportunity to participate in Discover Together time with your peer mentor and group!

Reading the topics below will help you get ready for your sessions each week. It will also help you learn and practice new skills to use with your food allergies. Here's a list of your weekly Discover Together time:

Session	Discover Together Discussion	Page
One	As a group let's brainstorm what we would say to a younger student in school who was worried about their food allergies at school? Together let's create a list of tips, actions, and advice you would recommend!	5
Anxiety	Brainstorm all of the words that come to mind when you think of allergies. Write them in a list, draw a picture, or a word cloud on the next slide.	6
Allergic Reaction	As a group let's make a "friend invitation" on the next slide that we can share with new friends! Include, our hobbies, allergies, how they can reach you, and anything else we can think of!	7
Allergists and Research	Pretend we are scientists and invent some cool products to help people with food allergies. -Auto-injector pouch -Food tester What else can we think of?	8
Bullies	As a group let's create posters/signs on the next page to help our school understand our food allergies.	9
Restaurants and Dining Out	As group let's make a plan for success when dining out or eating at a friend's house.	10

Session	Discover Together Discussion	Page
Ingredient Lists	<p>What would you tell a friend if they wanted to learn more about food allergies?</p> <p>What 5 good things about having food allergies would you tell them?</p>	11
Peer Pressure	<p>How can we help each other avoid peer pressure?</p> <p>Who can we talk to about it?</p> <p>What can we say to someone who feels uncomfortable with their food allergies?</p> <p>How can we all be more positive about our food allergies?</p>	12
Asthma, Eczema, and Allergies	<p>On the next slide let's draw a logo that explains our:</p> <p>Asthma Eczema Allergies</p> <p>How do we stay safe and happy?</p> <p>How can they help us?</p>	13
Birthday Parties	<p>Create your dream allergy friendly birthday menu and gift bags for your ultimate birthday party!</p> <p>-What's in it?</p> <p>-What's your favourite food, dessert, cake?</p>	14
Epinephrine	<p>Design some tips and tricks to help us always remember to take our auto-injector with us.</p> <p>-When we leave the house</p> <p>-Going on vacation</p> <p>-Who can help us remember?</p> <p>-How can we help others remember?</p>	15
Friends	<p>Think of a time you described or talked about your food allergies with a friend.</p> <p>-What happened?</p> <p>-How did it make you feel?</p> <p>-Would you do anything differently?</p>	16

Session	Discover Together Discussion	Page
School	What are some ways we could help educate our school/classroom about food allergies? -What would it look like? -What would you say? -Who would you ask for help?	17
Staying Positive	What are some food allergy goals we can accomplish by the end of these sessions? Always remember – food allergies don't need to slow you down in life!	18
Final Session	Would you participate in another Allergy Pals program? Would you like to be a mentor someday? What would you like to do in the next one? What was your favourite part of Allergy Pals?	19
Bonus Activity	Allergy Treasure Chest	20
Bonus Activity	Allergy Treasure Chest Coins	21

Each week during your session you can follow along in this handbook as you complete the Discover Together Time with the group.

For extra fun and learning you can complete the items in this handbook. If you get stuck on any Activities in this handbook, ask a parent or other family member for help!

At the end of every Allergy Pals Returning Session you can add an Allergy Treasure to your Allergy Treasure Chest on pages 20-21.

Have fun!

Discover Together Time Activities: Session One

Discussion: Getting to know each other

Use the space below to create a list of all of the things to say to a younger student in school who was worried about their food allergies at school?

I would tell them
they'll be safe
because...



Discover Together Time Activities:

Discussion: Anxiety

Use the space below to write down and draw all the things that come to mind when you think of allergies:



Discover Together Time Activities:

Discussion: Allergic Reactions

Use the space below make a “friend invitation”. Include hobbies, allergies, how they can reach you, and anything else you can think of:

Dear _____

[illegible]

Discover Together Time Activities:

Discussion: Allergists and Research

Pretend you are a scientist and invent some cool products to help people with food allergies.
Use the space below to draw or write about your invention.



Discover Together Time Activities: Session One

Discussion: Bullies

Use the space below to create an anti-bullying poster. Remember to stay positive and think of your W.I.T.S.

Discover Together Time Activities:

Discussion: Dining Out

Make a three-step plan for success when dining out or eating at a friend's house:

Step 1: _____

Step 2: _____

Step 3: _____

What else can we do to stay safe?



Discover Together Time Activities:

Discussion: Ingredient Lists

Use the space below and write five good things about having food allergies and why:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____



Discover Together Time Activities:

Discussion: Peer Pressure

How can we help each other avoid peer pressure? Use the space below and answer the following questions:

1) Who can we talk to about it? _____

2) What can we say to someone who feels uncomfortable with their food allergies?

3) How can we all be more positive about our food allergies?



Discover Together Time Activities:

Discussion: Asthma, Eczema, and Allergies

Use the space below to draw a logo that explains our, asthma, eczema and allergies.

Think about how you stay safe and happy with them:



Discover Together Time Activities:

Discussion: Birthday Parties

Use the space below and create your dream allergy friendly birthday menu and gift bags
Think about what's your favourite food, dessert, cake. Remember the sky is the limit!

Menu:

Bags:

Discover Together Time Activities:

Discussion: Epinephrine

Design some tips and tricks below to help always remember to take our auto-injector with us when we:

- Leave the house
- Go on vacation

Think about the people around us who can help us remember.



Discover Together Time Activities:

Discussion: Friends

Think of a time you described or talked about your food allergies with a friend. Use the space below to answer the following questions:

What happened?

How did it make you feel?

Would you do anything differently?



Discover Together Time Activities:

Discussion: School

Design a poster below to help educate your school/classroom about food allergies

- What would it look like?
- What would you say?



Discover Together Time Activities:

Discussion: Staying Positive

What are five food allergy goals you can accomplish by the end of these sessions?

Use the space below to list them!

- 1) _____

- 2) _____

- 3) _____

- 4) _____

- 5) _____



Discover Together Time Activities:

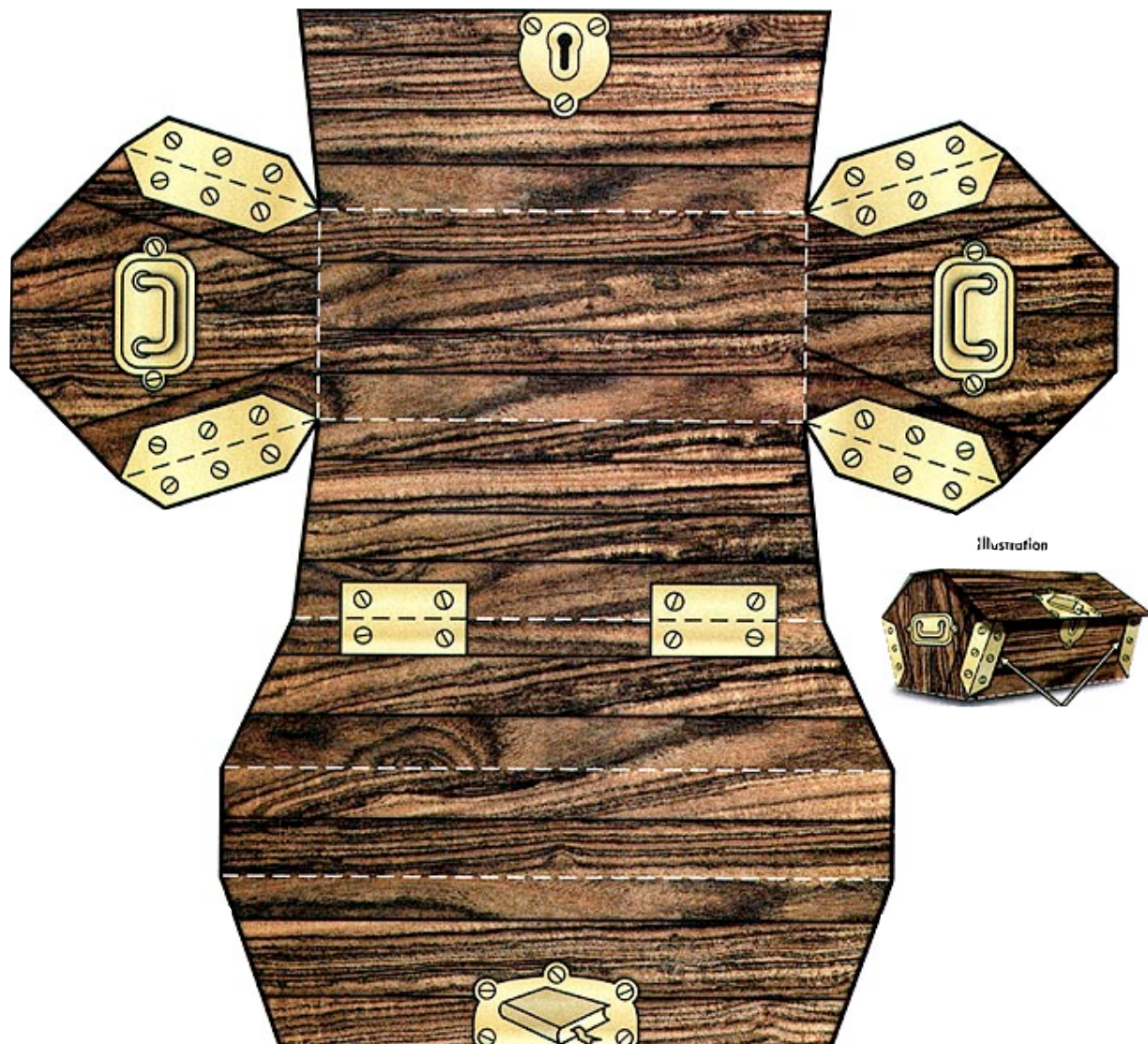
Discussion: Final Session

Write down and draw all different things you learned, practiced, or did during your sessions:

Allergy Treasure Chest

Bonus Activity

After every Allergy Pals Group session, write down something helpful you've learned, talked about, or practiced in the session on one of the coins below. That's your Allergy Treasure for the week! Cut out the Allergy Treasure Chest below. Fold and glue it together, using the dotted lines as a guide. Then, cut out the coins and use the chest to store your Allergy Treasures!



Allergy Treasure Chest

Bonus Activity

